



## Recommended Reading List for iaedp™ Certification Core Courses

- American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.
  - DSM/ICD codes: <https://tinyurl.com/AED-DSM-ICD>
- American Psychiatric Association. (2006). *Practice guideline for the treatment of patients with eating disorders (3rd ed)*. Washington, DC: American Psychiatric Association.
  - [http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/eatingdisorders.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/eatingdisorders.pdf)
  - New APA update in process
- iaedp member consultation groups:
  - Culturally Competent Conversations
    - Every 3rd Tuesday 12:00pm/PST-2:00pm/CST-3:00pm/EST
    - Email [iaedpAAEDP.POCcaseconsult@gmail.com](mailto:iaedpAAEDP.POCcaseconsult@gmail.com) to register
  - Peer Consultation
    - Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday 12:00pm/PST-2:00pm/CST-3:00pm/EST
    - Email [iaedpcaseconsult@gmail.com](mailto:iaedpcaseconsult@gmail.com) to register
- iaedp MemberShare website:
  - <https://membershare.iaedp.com/>
- SeasonedRD podcast
  - Hosted by Beth Harrell, RD, former Director of Certification
  - <https://theseasonedrd.podbean.com/>

### Course 1: Overview of Eating Disorders

- Anderson, L. K., Murray, S. B., & Kaye, W. H. (Eds.). (2018). *Clinical handbook of complex and atypical eating disorders*. New York, NY: Oxford University Press.
- Fries, J. & Sullivan, V. (Eds.). (2017). *Eating disorders in special populations: medical, nutritional, and psychological treatments*. Boca Raton, FL: CRC Press.
- Gordon, A. (2021). *What we don't talk about when we talk about fat*. Boston, MA: Beacon Press.
- Schaumberg, K., Welch, E., Breithaupt, L. E., Hubel, C., Baker, J. H., Munn-Chernoff, M. A., . . . Bulik, C. M. (2017). The science behind the Academy for Eating Disorders' Nine Truths About Eating Disorders. *Eur Eat Disord Rev*, 25(6), 432-450.
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5711426/>
  - Nine Truths about Eating Disorders
    - <https://www.aedweb.org/publications/nine-truths>

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- ❖ These books are written for a consumer audience and recommended for clinician/client discussion.

- DSM-V Diagnostic Criteria for Feeding and Eating Disorders
- Small, C. & Fuller, M. (Eds.). (2020). *Treating Black women with eating disorders: a clinician's guide*. New York, NY: Routledge.
- ⌘ Spotts-De Lazzer, A. (2021). *MeaningFULL: 23 life-changing stories of conquering dieting, weight, & body image issues*: Unsolicited Press.
- Smolak, L. & Levine, M.P. (Eds). (2015). *Wiley Handbook of Eating Disorders*. Malden, MA: Wiley-Blackwell.
- ❖ Taylor, S. R. (2021). *The body is not an apology: the power of radical self-love (2nd ed.)* (2nd. ed.). Oakland, CA: Berrett-Koehler Publishers.

## Course 2: Therapeutic Treatments for Eating Disorders

- Academy for Eating Disorders. (2020). *A guide to selecting evidence-based psychological therapies for eating disorders (1<sup>st</sup> ed.)*. Reston, VA: Academy for Eating Disorders.
  - <https://tinyurl.com/AED-psychol-ther>
- Agras, W. S. & Robinson, A. H. (Eds.). (2018). *The Oxford handbook of eating disorders (2nd ed.)*. New York, NY: Oxford University Press
- Alexander, J., Goldschmidt, A. B., & Le Grange, D. (Eds.). (2013). *A clinician's guide to binge eating disorder*. London, New York: Routledge, Taylor & Francis Group.
- American Psychological Association. (2016). Revision of ethical standard 3.04 of the “*Ethical Principles of Psychologists and Code of Conduct*” (2002, as amended 2010). *American Psychologist*, 71, 900.
  - [www.apa.org/ethics](http://www.apa.org/ethics)
- Brewerton, T. D. & Dennis, A. B. (Eds.). (2014). *Eating disorders, addictions and substance use disorders: research, clinical and treatment perspectives*. Heidelberg, Germany: Springer.
- Fairburn, C. G. (Ed.) (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford Press.
- Lock, J. D. & Le Grange, D. (2013). *Treatment manual for anorexia nervosa: a family-based approach (2nd ed.)*. New York: Guilford Press.
- Seubert, A. & Viridi, P. (Eds.). (2018). *Trauma-informed approaches to eating disorders*. New York, NY: Springer Publishing Company.
- Thomas, J. J. & Eddy, K. T. (2018). *Cognitive-behavioral therapy for avoidant/restrictive food intake disorder: children, adolescents, and adults*. Cambridge, UK: Cambridge University Press.
- Thompson-Brenner, H. (Ed.). (2015). *Casebook of evidence-based therapy for eating disorders*. New York: Guilford Press.

## Course 3: Nutrition Therapy for Eating Disorders

- Academy for Eating Disorders. (2020). *Guidebook for nutritional treatment of eating disorders (1<sup>st</sup> ed.)*. Reston, VA: Academy for Eating Disorders.
  - <https://tinyurl.com/AEDnutritionbook>
- ❖ Crosbie, C. & Sterling, W. M. (2018). *How to nourish your child through an eating disorder: a simple, plate-by-plate approach to rebuilding a healthy relationship with food*. New York, NY: The Experiment.

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- Hackert, A. N., Kniskern, M. A., & Beasley, T. (2020). Academy of Nutrition and Dietetics: revised 2020 standards of practice and standards of professional performance for registered dietitian nutritionists (competent, proficient, and expert) in eating disorders. *Journal of the Academy of Nutrition and Dietetics*, 120(11), 1902-1919.e1954.
  - [https://jandonline.org/article/S2212-2672\(20\)30904-7/pdf](https://jandonline.org/article/S2212-2672(20)30904-7/pdf)
- ❖ Harrison, C. (2019). *Anti-diet: reclaim your time, money, well-being and happiness through intuitive eating*. London, UK: Yellow Kite.
- Herrin, M. & Larkin, M. (2013). *Nutrition counseling in the treatment of eating disorders* (2nd ed.). New York: Brunner-Routledge.
- ❖ Tribole, E. & Resch, E. (2020). *Intuitive eating: a revolutionary anti-diet approach*. (4th ed.). New York, NY: St. Martin's Essentials.
- Kronberg, S. (2016) *The comprehensive learning/teaching handout manual for eating disorders* (2<sup>nd</sup> edition). New York: Wellness Publishing.
  - <https://sondrakronberg.com/handout-cd/>
- Quesnel, D. A., Cooper, M., & Dobinson, A. (2020). *Safe exercise at every stage (SEES) guidelines*.
  - <https://static1.squarespace.com/static/5b6112bd365f028c9256b26d/t/5eac82a48b1c8d1dfe26d410/1588363961224/SEES+full+guideline+-+2020.pdf>
  - Note: These guidelines are for use in adults only, not adolescents.
- ❖ Schauster, H. (2018). *Nourish: how to heal your relationship with food, body, and self*. Sommerville, MA: Hummingbird Press.
- Setnick, J. (2017). *Academy of Nutrition and Dietetics pocket guide to eating disorders* (2nd ed.). Chicago, Ill: Academy of Nutrition and Dietetics.

#### Course 4: Medical Treatment of Eating Disorders

- Academy for Eating Disorders. (2021). *Critical points for early recognition & medical risk management in the care of individuals with eating disorders* (4th ed.). Reston, VA: Academy for Eating Disorders.
  - <https://www.aedweb.org/publications/medical-care-standards>
- Gaudiani, J. L. (2018). *Sick enough: a guide to the medical complications of eating disorders*. New York, NY: Routledge.
- Mehler, P. S. & Andersen, A. E. (Eds.). (2022). *Eating disorders: a guide to medical care and complications* (4th. ed.). Baltimore, MD: Johns Hopkins University Press.

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